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TOBACCO:

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ITS USE AND ABUSE.



BY JOHN BURDELL,
 AUTHOR OF "THE NATURAL FOOD OF MAN," ALSO, "THE TEETH—
 THEIR STRUCTURE, DISEASE, AND TREATMENT."

NEW YORK:

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A D V E R T I S E M E N T .

THE habits of SMOKING, CHEWING, and SNUFFING tobacco have become so universally prevalent, and their effects on the body and mind so obviously INJURIOUS, that we feel it to be a duty to do all in our power to stay and remove this barrier to physical reform and improvement. Indeed, we regard the use of these narcotics as dangerous and destructive to the constitution. Is it not a fact that tobacco consumers transmit to their offspring a perverted appetite which becomes more and more intense? Are not the physical sins of parents visited on their children? Can an EVIL tree bring forth GOOD fruit? Are not many of the ills and much of the disease by which we are afflicted, the result of using tobacco?

This little work was written by request, with a view to point out the USE and ABUSE of tobacco, which we think has been clearly done by the author.

Judging from the immense demand for that excellent TREATISE ON THE TEETH (of which TWELVE THOUSAND have been sold within a year), we may safely anticipate a much greater demand for this, inasmuch as the subject involves principles of equal, if not greater magnitude and importance.

S. R. WELLS.

CLINTON HALL, 131 NASSAU STREET.

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T O B A C C O ;

ITS NATURE AND USE.

“AND God made every plant of the field, before it was in the earth, and every herb of the field before it grew; for He had not caused it to rain upon the earth. And God saw every thing that he had made, and behold it was very good.” Each link in the chain of vegetable creation is good and perfect in itself—there being no two links alike in every particular. If it were not so, we might say He had created some things in vain; but the scientific ingenuity of man has not as yet been able to detect any deviation in making the chain, and all of its parts, perfect and complete in themselves: if so, it would not be consistent to say a production of nature is good for nothing; if we do, we shall only expose our ignorance.

The tobacco plant is good in its place, among the herbs of the field, for sustaining animal life, as well as every vegetable production of the earth. God says, “I have given you every green herb for meat, and it was so”—to continue until the end of time. Nourishment may be received from an herb in its green state—while the same herb, when ripe and dry, may not only be un nutritious, but unwholesome to the same creature. We know that certain animals will eat the green plant and

grow fat ; but will die while surrounded with it in the ripe and dry state.

Let it be understood that herbs were made before animals or eaters, to consume nature's products. Some were made more adapted to one class of products than to others. For this reason we see many animals on the same farm, and all feeding without trespassing on each others rights.

An illustration. The cow has an inclination for grass ; the goat for leaves, and bark of trees ; the squirrel for nuts ; the hen for grasshoppers, and various insects ; the hog and crow to consume dead carcasses ; the cat to devour the rats and mice ; the woodpecker to examine the bark of trees, and pick out the grubs ; the robin to eat the cherries ; and many others, together with man, may live on the same farm, without interfering with each others instincts.

Let it be understood that the inclination for food is the first, strongest, and most natural desire of all animal creation ; then let man be careful that he does not attempt to change the order and arrangements of the Deity. The mouths of all animals are made as instruments for receiving food and making a noise, and for no other purpose. The roots of trees and plants also serve as channels through which they receive nourishment and standing in the earth.

The nostrils of animals are designed for breathing and detecting the quality of the atmosphere and aliment.

Let it be remembered that the mouth is designed to receive substances and not to pass them back again ; together with the secretions, they are designed to go toward the stomach, their natural reservoir. All of the lower animals and idiots instinctively obey this

rule, as will be seen more fully in my notes to the life of Louis Cornaro.

Then we see that it requires mind and education to CHANGE the natural laws of instinct, which is given to direct the choice, or original demands from the various productions of the earth. Every animal derives its support, directly or indirectly, from vegetable matter. In some cases it goes through several changes, before it is adapted to nourish certain animals.

For illustration. The tobacco worm feeds on the plant, the turkey on the worm, man artificially on the turkey, and the purely carnivorous on the two latter. In this way it will be readily seen how the carnivorous depend on the herbivorous, and the herbivorous on that which is produced directly from the earth.

Let it be understood that no creature, when all the organs are performing their natural offices, will either spit or throw off the secretions of the mouth. Therefore we find whatever will produce this state, will have a tendency to deprave and prostitute their office, which will lead to a premature cessation of the vital principle.*

* We see that the horse, after eating grass mixed with lobelia and other unwholesome substances of this nature, will slobber or dreul from the mouth, whenever the salivary glands are unduly stimulated, or relaxed, together with idiots, infants, and all animal creation which have not judgment enough to spit.

Tobacco chewers, in old age (or what is called second childhood), let the secretions flow down on their beards and dress, as many can bring to recollection.

Then in every case where spitting or dreuling is found to exist, there exists, also, an unnatural state of the creature. If we see a dog dreuling or frothing at the mouth, it strikes us with terror. Why so? Because we fear it is mad or rabid. Some may attempt to stop the discharge, without removing the cause (let such remember that the stomach is merely trying to relieve itself from that which can do it no good); if successful death in many cases is the result. Counterfeit money is better out of the pocket than in it.

The Apostle says, "There should be no schism in the body, but that the members should have the same care one of another; whether one member suffer, all the members suffer with it." Whenever God warns, he sees danger AHEAD, and puts up a guide-board for those who are capable of understanding it, and for no others.

Tobacco destroys the exquisite flavor of taste and smell, pulls down the guide-board, and gives loose to the passions which lead into the company of the blind; both are liable to "fall into the ditch." If the glands of the mouth are treated in an unlawful manner, the stomach and other parts will crave the same in order to vie with its rivals.

Every individual admits that there is, or ought to be, a place for every thing, and every thing in its place. Art demands art, change calls for change, while nature calls for nature. The instinct of the child, as soon as born, seeks its mother's milk; and so it is with all the mammiferous tribes. As they advance in strength, the milk gradually ceases, and other forms of food, equally congenial to their nature, is ready for them; and all that is necessary is, to make suitable exertion to supply their real wants: but whenever the above is changed to a less congenial course, and art substituted for nature, our imaginary wants are seldom satisfied. Artificial preparations of food and drink, compounded of good and bad substances, always destroy in a measure the natural instinct, effecting the whole alimentary canal, and especially the stomach, which sometimes requires emetics to send back what instinct would not have taken, without first having been bribed: for this purpose, tobacco has been found to be a good agent for the transgressor whose way is always hard in the end.

Farmers who neglect their calves, and permit them to get lousy, will tell you a decoction of tobacco is good to sprinkle along the back, to destroy the lice ; but care should be observed in not using it too freely, for if so, it will destroy the calf also.

Parents whose children are troubled with worms, sometimes find it good to make a poultice of tobacco, and bind on the abdomen, for expelling them. It is used on bedsteads, carpets, etc., to keep off certain intruders. It is used for injections to relax the parts. Many take it for relieving and blunting an acute or accusing conscience, "whose waters cannot rest" without an antidote. The question has been frequently asked, Does or does not the use of tobacco prevent the teeth from decaying? To those who wish to know the truth, I would say, All the organs of the body were originally made to harmonize with each other; and no one of them was intended to fail until nature's plan was carried out.

All the organs were made to perform their respective duties, under certain regulations, as stated in my work on teeth.

As long as we require food, we require teeth to chew and prepare it for the stomach; then, if the physical laws have not been violated, the use of tobacco would not in any way benefit the teeth.*

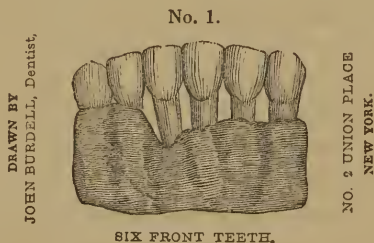
An individual who is governed by his feelings, placed where tempting and artificial preparations of food are

* Some contend that smoking preserves the teeth from decomposition, and assert, as a reason, that hams smoked, will be preserved longer than without its agency; but whoever should attempt to smoke their hogs while living, would be liable to be taken up and sent to the Lunatic Asylum.

constantly before him, chewing will lessen his appetite, which will prevent him from eating as often, especially when he has the SWEET morsel in his mouth; in this his teeth may be benefited, by destroying other agents from acting directly on them.

Those who use tobacco, throw off the fluid designed for the stomach, consequently thirst is the result. Such persons will crave something stimulating, which will generally be indulged in, to the destruction of the functions.

I have found much more difficulty in fitting artificial teeth in the mouths of tobacco chewers than others, owing to the irritable and tender state of the gums. Tobacco causes the gums to recede from the teeth consequently loosening them.



This cut represents six front under teeth. You will see a part of the roots of four, which were once covered with the gum, and held firm by the jaw, but have now lost their natural and former protector, while the teeth themselves are free from decay. Those who are effected thus may attempt to restore the parts lost, but it will be like raising the dead.

What is the foot or hand good for, without a body capable of directing them?

Every healthy organ is the best off in its own element. That which is good for the mouth is also good for the stomach; but that which has been acted on by the stomach is only good for the next organ below.

All living bodies are designed to undergo change, from birth to death, and finally resolve themselves back into the element from which they were taken.

Suppose mankind should set themselves at work to preserve every thing from change, as far as they can, by using tobacco and various kinds of drugs, alcohol, salt, vinegar, or any other preserving substance, it would only make things worse and worse.* No animal or vegetable can receive nourishment without change or decomposition. Then all organized matter, after it has fulfilled its office, returns to its original element.

Suppose you put your cucumbers, while growing, and still connected with the vine, in vinegar to the stem; they will be preserved, and also prevented from growing; but would this be right, if universally followed? No; every thing is commanded to "bring forth after its kind." Therefore, by obeying the former, you might preserve the cucumber, but would cut off the propagating law, which would sooner or later extinguish the vegetable kingdom, and thereby destroy the animal.

* Whatever will preserve food from decomposition out of the stomach, will in the same proportion hinder it from being digested while in the stomach.

For this reason, it will be seen that salt provisions call for water, in order to wash out the salt, before digestion can go on.

If the saliva is impregnated with smoke, and swallowed, it will only have a tendency to preserve from digestion whatever food it comes in contact with; so that persons who wish to make this receptacle a preserving pot, cannot do better than to send faithful and tried agents there for that purpose.

Then let us not try to embalm ourselves, or others, while living, with tobacco or any other drug.

No. 2.

EXPLANATION OF THE PLATE.

E represents the tongue; *u* the palate; P and *n* is the air-passage between the wind-pipe and nose; *e*, epiglottis, or lid, which the food shuts over the mouth of the wind-pipe when swallowing, to prevent it from going the wrong way; but when vomiting, it opens, and sometimes lets the food into the breathing pipe, which shows that the food of man was designed to pass down, and not up; A represents the pipe leading to the lungs; B shows the passage leading to the stomach, with the upper portion open to show the inside; B shows the diaphragm, which separates the chest from the bowels; C shows the position of the stomach. The stomach is the organ of digestion; or, to make it more plain, as the boiler is to the steam engine, so is the stomach to the body. Stop the action of it, and life would soon fail for want of supplies. The stomach exists—what cannot be affirmed of any other organ—in all animals, without exception; and if the importance of the parts may be estimated in this way, it evidently holds the first rank among our organs. Food ought not to be received into it in less than six hours after the last meal. Eat to live, and not live to eat, smoke, snuff, or chew, to gratify the lower or animal propensities, at the expense of the intellectual faculties.

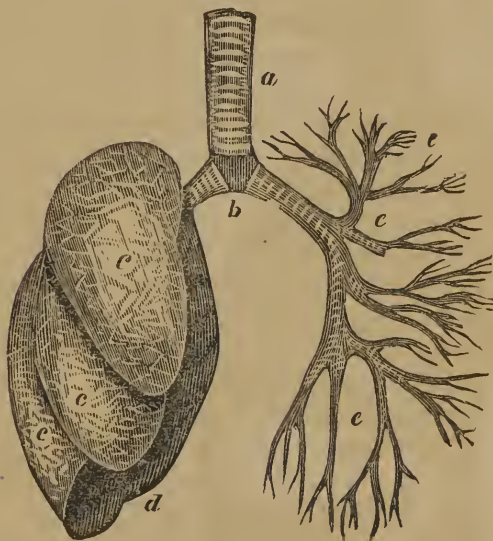


HUMAN BODY.

It will be seen in this plate that smoke and snuff, taken into the mouth or nose, will impregnate more directly the wind-pipe and lungs, while chewing will

effect them less, especially those who have large nostrils, and keep the mouth shut ; but if the juice is swallowed, it will affect the stomach and intestines. What is it that the lungs call for, except pure atmosphere, which has no smell, neither can it be detected by the unsullied instincts of our nature ? Hence all combinations or scents are deleterious, and unfit for those delicate air-cells which serve as instruments for arterIALIZING the blood.

No. 3.



SHAPE AND STRUCTURE OF THE LUNGS

a, the trachea, or wind-pipe ; *b*, its branch to the right and left lung ; *c c c*, the three lobes which compose each lung ; *e e e*, the air-cells of the lungs dissected ; *d*, the pulmonary arteries, or entrance and egress of the blood from and to the heart.

If the avenues through which the lungs are supplied are lined or impregnated with that which is disagreeable to the pure instincts, then the poor and trodden

down must bear the reproach in silence: but if the lungs could speak, what do you think they would say?

By the law of action, or change, all organized bodies are built up and thrown down. A cessation of action produces incorruptibility, while it is held in check by any cause, and the vital principle in many of them still exists.

Various plants and trees may be taken to regions of perpetual snow and ice, and remain in a frozen state for any length of time, and then removed to their former situation, where they will bud and blossom as before, and still appear as young trees. Age is not counted, nor is it perceptible without action. Some of the cold-blooded animals may be kept in a torpid or frozen state for years, and as soon as the temperature will admit the fluids to act again, they will assume their former habits, and to all appearance will seem as one waking out of sleep.

Large and extinct animals have been found in the frozen regions, in a state of freshness which would appear to the eye to have been dead but a few days, still, must have remained in the above state, as some suppose, since the flood.

Wheat, encased with Egyptian mummies, has been preserved for three thousand years, and readily grew after being deposited in the earth.

By the law of repose, or sleep, the bodily powers are recruited for action, while all undue or over stimulation injures or draws on the original stock and only power we have.

If you have three hundred and sixty-five dollars in the bank, and can put no more there, but still are obliged to draw a certain amount each day for sustaining the body in the best condition, and have the power to over-

draw that amount, the time you will have an account there, will depend on the amount of your checks.

The flesh and exhalations of animals will partake of the nature, taste, and smell of substances taken into the body through the mouth and nostrils.

Cows which partake of leeks, onions, etc., will emit a smell so disagreeable that other cows from a pasture of pure clover, and inclosed in a yard together, as is frequently the case, will get their heads as far as possible from the others, and in a direction from which the wind blows. Is this the effect of the reasoning faculties, or do they go round and round the yard, because they feel uneasy, and stop at the place where they find the most comfort? The answer is left to the phrenologist and naturalist to solve.

Wild ducks are frequently rejected by human beings, because they taste so *FISHY*, being impregnated with the fish they have eaten.

Our observing Yankee soldiers on the Mexican field of battle will tell you, that of those who fell, and were left on the ground to be devoured by the wolves, those who were saturated with tobacco, garlic, etc., were *left* until the more pure were consumed. If their instincts had been partially destroyed, would they have been so particular? Why are signs put up in our steamboats, hotels, and public resorts—"NO SMOKING ALLOWED IN THIS CABIN?" If human instincts had not been perverted, we should not have seen such signs to guard the smellers against contraband goods from going into port.

Effects always follow causes, although we may not be able to trace the direct cause; but we know it goes before in every case. Then pain or penalty is the receipt, showing the previous amount of WORK DONE.

The command is, "To bring forth after your kind," or form. Then whenever the parents are defective in their organization, or any of their members wanting, or abused by over-action, or want of action, the offspring will be in danger of the sins or transgressions of the parents.

For instance: my own child has three upper incisor front teeth; I have four, the mother two.

Consumptive parents are liable to have delicate and consumptive children.

Tobacco consumers sometimes have the question asked by their little ones, "Father, if it is good for you, is it not good for me?" The parent may hesitate and swallow two or three times, before a direct answer is given.

The Ethiopians who have eaten the cocoanut for generations in their own land, their descendants are more fond of it in this country than the Europeans, although they never saw or heard of it until they tasted the fruit in our market.

Take from the wilderness an Indian infant, whose ancestors have followed the chase, and bring him up with our children near the forest; the Indian will wander off in quest of game, while the farmer's boy will take pride in cultivating the ground.

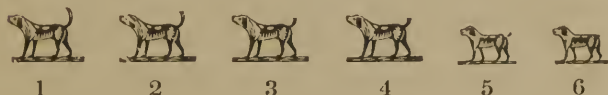
The offspring of drunkards, gluttons, thieves, murderers, whoremongers, etc., will find it more easy and congenial to their feelings to follow the tracks of their parents, than to mark out better paths to tread in.

All animals have eyes, which were designed to live in the open air. All fish originally had eyes; but if they are placed where the sun and moon can give no light to them, their eyes will not be used; consequently, their

immediate offspring will have smaller and weaker eyes. This process will continue from generation to generation, until they will be hatched without eyes. I have one in this condition preserved in spirits, which was taken from a pool of water in the mammoth and dark cave of Kentucky.

Cut the tails of your dogs off for a few generations, and by-and-by you will be saved the trouble, for there will be no tails to cut.

No. 4.



Take a pup from the blood-hound, and another from the grey-hound; the first will follow the track of its prey by *scent*, even if it take a circuitous course; while the other will follow by sight, and cut across lots, if necessary. Why is this difference? says one. Another answers: Because their parents had used one organ, and neglected another.

Animals in a wild or rude state have great uniformity of color, features, etc.; but after their natural condition is changed by domestication, it produces such a modification in their appearance as to almost deceive the critical observer—which has led many to doubt a common parent of the human family.

There is a rule which will determine between species and species, in all animal creation; that is, different species will not continue to propagate from generation to generation, while variety, or those which had a common parent, will do so. This, I think, will settle the point without further investigation.

We see that wild turkeys are nearly of one uniform color; but after being domesticated, they become of various colors. So it is with wild pigeons, ducks, cats, and all domesticated animals; but the greatest contrast and variety are found among dogs, which have received the greatest attention from man.

We see that cows in general have horns, and also a certain breed or variety have no horns; but does this prove that the original stock were made without horns? New organs are never added; but, on the contrary, are taken away by various causes.

All of the female mammiferous family were originally designed to produce sufficient milk to sustain its young, and no more; but we know that some cows will give much more milk than the calf requires. Why is this? The farmer says because it is of a good breed. The fact is, that for generations, certain glands had been more stimulated by artificial means than NATURE designed for supplying its young.

We also observe that nearly all the rude tribes of the human family have black hair; but after artificial and unnatural habits are substituted, instead of the original, the hair in many cases is changed to what you see it in this community.

Idiots are frequently the product of breeding in and in, as the naturalists call it. Lap or poodle dogs are of such parentage, and many other degenerate animals, which become so weak and inferior, both in body and mind, that they are unable to make their way through life without assistance from others. Relatives will bear this in mind before they make certain engagements in order to keep wealth or royal blood in the family.

LIFE AND SLEEP.

WE have strong reasons to believe that LIFE never ORIGINATES of itself, but BEGAN at the creation, and is communicated to assimilated matter, and propagated from parent to offspring.

Motion or action is either INVOLUNTARY or VOLUNTARY. Involuntary motion always begins first, and is the last to fail, which is not under the control of the intellect or will.

The heart first beats, and we breathe before we are sensible of it, which must continue day and night without cessation, until the sleep of death shuts the gate.

Voluntary motion is under the control of the will, and needs rest and sleep in proportion to its action. Every thing which will have a tendency to disturb or stop these motions, will abridge the period of our existence.

Knowledge gives power into the hands of man, and in proportion as he has it, he is able to subdue and destroy, not only the inferior animals, but his own species, and himself also.

All excitements and stimulants beyond certain limits have a tendency to deceive, and lead into error, which causes us to think all men look through our spectacles. One person takes a little wine to cheer him up; another a cup of tea to cure the headache, not realizing that, as long as he does it, he has a headache to cure; another will take a little opium to quiet or destroy the sensibility of his nerves.

I took common tobacco, and soaked it in water about the temperature of the blood, and after procuring a number of frogs, applied a portion of the juice where the hind legs are connected with the body, as will be

No. 5.



FROG IN A NATURAL STATE

seen in the drawing. The first leaps were violent, and two or three feet in length; but the succeeding leaps grew shorter and shorter until the muscles became so weak that the animal was unable to draw the legs up to jump again. They remained in the position you see them in cut No. 6, until signs of life were invisible, though I supposed it would recover after a time; but on the third day it began to decompose.

The others had it applied on the back and legs, and in less than half an hour life was not perceptible. Those which had it applied in the mouth, vomited, and soon died. It was tried on mice with similar results

You will see No. 5 in its natural state and position,

and enjoying the pleasures of its animal existence, and in less than an hour, all of its powers asleep.*

No. 6.



FROG IN A LIFELESS CONDITION.

* Sleep is rest, or cessation of voluntary or involuntary motion. Those who wish to put themselves into this state by artificial means, will call things good according to their lulling or soothing effects on the vital powers of the body, until they cease to exist, or sleep, as represented in the Scriptures. "David slept with his fathers, and was buried." In

Mothers sometimes give opium or paregoric to their children, to mitigate pain, and make them sleep. Parents frequently take it for the same purpose, but if the dose be too large, they will sleep the sleep of death, like the subject before you ; and in fact, many have taken it for this purpose, in order to get out of trouble.

A poor farmer (as related to me recently), with but one cow and horse, found them troubled with lice. A benevolent friend gave him a bottle of the juice of tobacco, as he had heard that it would destroy the lice at once. The owner thanked him for the article, and poured it along the back and tail of the horse and cow, according to direction. They soon showed signs of weakness, and lay down ; one survived six hours, and the other about twelve—to the astonishment and grief of the owner and his friend.

Two cot bedsteads standing in a room where the ends touched each other, occupied by two individuals who did not use tobacco, but were filthy other ways, and both troubled (as is frequently the case) with fleas and bed-bugs, to some extent. One of them left, and another supplied his place, who used tobacco in various ways, so that his very FLESH smelt of it. Soon after, the first complained that his new friend had brought more bugs and fleas ; but he denied it, and said he was never troubled with such customers. An examination took place, which proved the new comer

Daniel it says: " Many of them that sleep in the dust of the earth, shall awake, some to everlasting life, and some to shame and everlasting contempt." The wicked or transgressors love death or sleep better than life, because their deeds are evil. If you want evidence, look at the character of those who commit suicide, and then draw conclusions for yourselves.

to be correct, as there were no fleas or bugs found in his bed ; for they had all left, and taken up lodgings with his accuser, on account of the disagreeable odor emitted from his body.

A parent applied tobacco to the head of his son, in order to destroy the inhabitants of that region. The tobacco made the child sick, and stopped the regular secretions for a time, which marked his nails and teeth ; the latter marks he will carry through life, as represented by drawings in my work on teeth.

Sheep have had it used on them for destroying ticks ; it marked that portion of the wool formed during the time the secretions were interrupted. The marks could be seen with a magnifying glass, and by taking hold of each end of the fibres, they would first break where the marks were.

An individual residing in the city of New York, who trains and speculates in dogs for a livelihood, informed me that he thought one of his most valuable dogs did not appear very well, and concluded he would give him an emetic. Consequently, he soaked a cigar in order to obtain the juice for the above purpose ; but before the dog had the dose on his stomach one minute he was dead, which greatly surprised his master.

Mind is dependent on living organic matter ; therefore whatever will affect the physical powers and strength of the body, will produce a corresponding effect on the exercise of the intellect and MORAL POWERS of the mind.

If we are convinced of the facts as stated, and are WILLING to act in accordance with the evidence, we shall be compelled to admit that tobacco weakens the intellect and moral faculties, as it weakens the body

Nearly all admit that the bodily or animal propensities ought to be in subjection to the REASONING faculties ; but if the animal feelings are allowed to govern, then shall we be sliding down hill, although unconscious until we get to the bottom ; and if we wish to get up again, the higher organs must govern those below stairs.

To those who use tobacco, and are anxious and willing to give it up, provided it could be done with safety (as they say), under such circumstances duty will depend on the state and condition of the body.

First. To those who have just commenced, I would say, Give it up at once, and put yourselves under a pledge or vow never to taste it again while you live, or have a moral character to soil.

Second. Those who have used it for a number of years, and are in the prime of life, ought to think a while, and consult the best and safest way to get out of the snare.

Third. For persons in advanced age, who have used tobacco for a long time, it would not always be duty to give it up at once, but only lessen the quantity gradually, as they can bear it ; but in so doing, be careful that in forsaking one error, you do not embrace another.

For a change, some will quit snuffing and take to smoking ; others will quit smoking and take to chewing ; while many will discontinue the use of tobacco altogether, but will take to drinking RUM, not having MORAL FORCE enough to subdue and LIVE DOWN the effects of an acquired and perverted appetite. If this course is pursued, it will be "like jumping out of the frying-pan into the fire."

